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Amendments to the Disclosure:

Kindly replace paragraphs 0006, 0014, 0030 and 0050 of record, with the paragraphs set out hereinbelow. The amended paragraphs replace all prior versions of record in the present application.

Listing of Disclosure Amendments

[0006] Moreover, in the case of persons who are diabetic, they have an inability to produce insulin in the requisite quantities required for metabolism of blood sugars, or to secrete sufficient insulin to effectively adjust their blood glucose level. If the blood glucose level remains high in such individuals, it may in time lead to insulin shock or even death. Thus, the preferred method for controlling diabetes is insulin [rejection] injection.

[0014] These conditions would seem to apply to most cereal grains, including without restriction wheat, barley, rye, corn, rice, oats, and flax. Of course, it is recognized that typically the cereal grain that is employed in the brewing industry is barley, whereas cereal grains such as wheat, rye, or corn, in particular, are used in the distilling industry. Rice is particularly employed in the production of sake; and flax, oats, or other cereal grains may be employed for particular purposes of flavor and color in some brewed or distilled beverages.

[0030] In accordance with one aspect of the present invention, there is provided a nutritional and energy reduced fiber-based baking ingredient having a reduced glycemic index, and which comprises 20% to 30% crude protein, from 50% to 80% fiber, up to 15% of crude fat, and up to 2% of additional nutritional components which are chosen from the group consisting of lysine, amino acids, nutritional minerals, and mixtures and combinations thereof.

[0050] If, on the other hand, the fiber-based baking ingredient of the present invention is to be employed as a high moisture baking additive, then typically it will comprise from 20% to 25% of fiber, while it will be high in protein and high in moisture.